The Artists Way
Julia Cameron
ISBN 0-87477-6999-5

Words for it:

I wish I could take language and fold it like cool moist rags. I would lay words on your forehead. I would wrap words around your wrists. "There, there," my words would say - or something better. I would ask them to murmur "hush" and "shhh", and "it's all right." I would ask them to hold you all night. I wish I could take language and daub and smooth and cool where fever blisters and burns. I wish I could take language and heal the words that were wounds you have no name for.

The Artists Way

My favorite toy was
My favorite game is
My favorite movie is
If I could lighten up I would
I don't do it much but I enjoy
If it weren't too late I would
My favorite musical instrument is the
Taking time for myself is often
I am afraid that if I start daydreaming
I secretly enjoy
In another childhood I would be
What makes me feel weird is
Learning to trust myself is
My favorite cheer-up music is
My favorite way to dress is

Describe 5 traits I liked in myself as a child:

1

2

3

4

5

List my 5 childhood accomplishments:

1

2

3

4

5

List my mid-life accomplishments:

1

2

3

4

5

Compare your good and bad habits:

	Good	**Bad**
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Friends who have nurtured me:

1

2

3

4

5

Name 5 people I admire:

1

2

3

4

5

My hobbies are:

1

2

3

4

My skills are:

1

2

3

4

5

I used to, but no longer enjoy:

1

2

3

4

5

My ideal environment is

My private space would be in

A situation I would change would be

The biggest ‘lack’ in my life is

The greatest ‘joy’ in my life is

My largest time commitment is

I feel guilty that I am

I worry that I will be

I sabotage myself so that people will

I am angry that I have a

One reason I get sad is that

As a kid I missed a chance to

As a kid I dreamed of becoming a

I am sorry that I will never

I have a loyal male friend in

I have a loyal female friend in

I think I have nice

I am taking a greater interest in

I believe I am getting better at

My parents thought my (writing, singing etc.) was just a hobby

Someone who believed in me was

The thing that ruined my chance to ‘be me’ was

My influential teachers were:

1

2

3

4

5

My 5 favorite films are:

1

2

3

4

5

Resentments I have about new projects:

1

2

3

Fears I have about new projects:

1

2

3

Hope I have for new projects:

1

2

3

What is gained by not doing projects:

1

2

3

What is gained by doing them:

1

2

3

yes or no

I work outside of office hours

I cancel things to do projects

I take work with me

I take vacations

I allow myself free time

I procrastinate finishing up

I achieve closure

I allow phone calls to interrupt

I prioritize my day/week

I place creative dreams before real life

I allow myself downtime

I carry a notebook for ideas (End)

A habit that gets in the way of creativity is

What to do about the habit

Which friends make me doubt myself

1

2

3

What destructive habits do destructive friends have

1

2

3

What constructive habits do positive friends have

1

2

3

List 5 victories in my life:

1

2

3

4

5

List 3 nurturing actions:

1

2

3

List 3 promises to keep:

1

2

3

5 ways to nurture myself:

1

2

3

4

5

5 ways I will change for the better:

1

2

3

4

5

What resistance, anger or fear do I have:

People I can talk to about dreams and fears:

1

2

3

4

5

Possible places to stay if I was homeless:

1

2

3

4

5